

DERBYSHIRE JOINT AREA PRESCRIBING COMMITTEE (JAPC)

JAPC Briefing FreeStyle Libre 2/Dexcom ONE

JAPC has classified Freestyle Libre 2/Dexcom ONE as **GREY after diabetes consultant/specialist initiation within a Derbyshire diabetes service***. FreeStyle libre 2 plus and Dexcom One+ have now been released for prescribing and any reference to the original devices applies to these as well. **The criteria and process below must be strictly adhered to.**

* Permitted for NHS patients started outside of Derbyshire that comply with NHSE criteria and undertaking the national audit or following an APC shared care agreement

Identification

Consultant identifies those with Type 1 diabetes

- Or with any form of diabetes on haemodialysis and on insulin treatment
 - who are clinically indicated as requiring intensive monitoring >8 times daily
 - OR with diabetes associated with cystic fibrosis on insulin treatment
- Pregnant women with Type 1 Diabetes, with 12 months in total inclusive of post-delivery period
- People with Type 1 diabetes unable to routinely self-monitor blood glucose due to disability who require carers to support glucose monitoring and insulin management.
- People with Type 1 diabetes for whom the specialist diabetes MDT determines have occupational or psychosocial circumstances that warrant a 6-month trial of Libre with appropriate adjunct support.
- For those with Type 1 diabetes who have recently developed recurrent severe hypoglycaemia or impaired awareness of hypoglycaemia (defined for example using Gold score ≥ 4) NICE suggests that Continuous Glucose Monitoring with an alarm is the standard. Other evidence-based alternatives with NICE guidance or NICE TA support are pump therapy, psychological support, structured education, islet transplantation and whole pancreas transplantation. However, if the person with diabetes and their clinician considers that a Flash Glucose Monitoring system/Dexcom 1 would be more appropriate for the individual's specific situation, then this can be considered.
- People with Type 1 diabetes or insulin treated Type 2 diabetes who are living with a learning disability and recorded on their GP Learning Disability register.

Baseline clinical data

- **Complete baseline FreeStyle Libre 2/Dexcom ONE Audit form** (<https://abcd.care/launch-abcd-nationwide-freestyle-libre-audit>), documenting reason for initiation.
- Ensure recent HbA1c available
- *Consultant* referral for Freestyle Libre 2/Dexcom ONE initiation

Education session

- Contract for Freestyle Libre 2/Dexcom ONE use completed
- Person with diabetes **attends FreeStyle Libre 2/Dexcom ONE education session** or due consideration given to future attendance, at a Type 1 diabetes structured education programme (DAFNE or equivalent if available locally)
- Provided with FreeStyle Libre 2 starter kit of reader and 1 sensor (a sensor lasts 14 days) or Dexcom ONE 10-day starter pack (consists of one 10-day sensor and a 3-month transmitter)
- Ensure baseline data collected and HbA1C available from within past 2 months
- Agree to scan glucose levels no less than 8 times per day and use the sensor >70% of the time

GP prescription request

- FreeStyle Libre 2/Dexcom ONE request to GP, with assurance of patient eligibility criteria. Practices will be provided with individual patient information to confirm eligibility for Freestyle Libre 2/Dexcom ONE from the specialist.

Follow up

- Consultant responsible for the patient must ensure follow up audit data is captured within 6 months of initiation. Agree to regular reviews with the local clinical teams.
- Continuing prescriptions for long-term use of a sensor - post initial 6 months - would be contingent upon evidence of agreeing with the above conditions and that on-going use of the Flash/Dexcom glucose Monitoring is demonstrably improving an individual's diabetes self-management - for example improvement of HbA1c or Time In Range; improvement in symptoms such as DKA or hypoglycaemia; or improvement in psycho-social wellbeing.
- **Stop prescription if no benefit or DNA**

- 6 monthly or periodic review

Previous self-funders of Flash Glucose Monitors with Type 1 diabetes where those with clinical responsibility for their diabetes care are satisfied that their clinical history suggests that they would have satisfied one or more of these criteria prior to them commencing use of Flash Glucose Monitoring had these criteria been in place prior to April 2019 AND has shown improvement in HbA1c since self-funding.

How do you discard the disposable components, for example sensor pack and applicator?

Freestyle Libre 2:

- Used or unused sensor packaging can go in general waste
- Once the sensor has been placed on the arm, the used applicator (which contains a needle) and the lid can be screwed back together and can be placed in a yellow biohazard bag or sharps box
- The used sensor should be placed in a clinical waste sharps box

Dexcom ONE:

Used sensors should be disposed of in a sharps bin. 4L and 7L Sharpsafe disposal bins need to be available for the safe disposal of diabetes devices as per device company advice. This can be prescribed on an FP10 prescription by the GP. The collection and disposal of the full bins should be as per local arrangements applicable to that local authority.

Suitable sharp boxes include ‘Sharpsafe disposal unit 4 litre yellow’ and ‘Sharpsafe disposal unit 7 litre yellow’

NB – alcohol wipes are no longer supplied with Freestyle Libre – please advise patients that these can be purchased at minimal cost from pharmacies and other retailers. See

<https://freestylediabetes.co.uk/freestyle-libre/faqs>

Dexcom ONE consists of:

1. Sensors with an auto applicator - last 10 days
2. Transmitter - fixed on top of the sensor. 3-month battery life
3. App accessed on a compatible smartphone.

The transmitter should be prescribed **every 3 months**.

Document updates	Date updated
Disposal information added	Sept 2019
Clarification of identification section the criteria is for patients with type 1 diabetes	Oct 2019
Sharps box information added	
LD included as criteria for initiation	Nov 2020
Traffic light name change from Brown to Grey	Jan 2021
Note on alcohol wipes	March 2021
Addition of Dexcom1 and amendment to Freestyle Libre 2	September 2022
Update info on Dexcome ONE transmitter	Feb 2023
Review date extended to December 2023	March 2023
Reference to FreeStyle libre 2 plus & Dexcom One+ added	July 2024

Useful Links to audit forms

ABCD Nationwide FreeStyle Libre Audit

[ABCD FreeStyle Libre Audit | The Association of British Clinical Diabetologists](#)

ABCD Nationwide Dexcom Audit Form

[ABCD Dexcom Audit | The Association of British Clinical Diabetologists](#)